

NEWSLETTER

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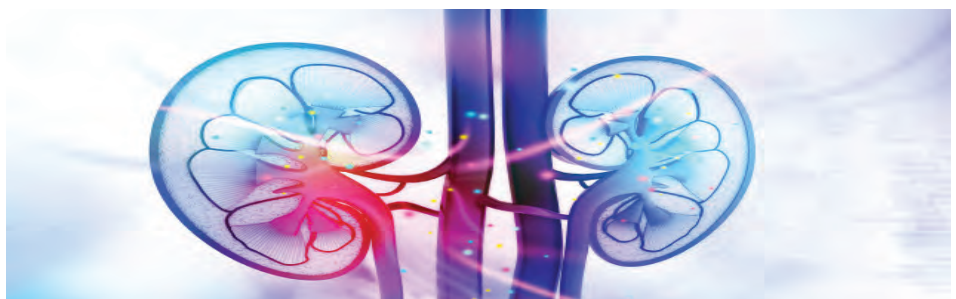
MEDICINE TODAY - DR. HAROLD BAER

Kidney Disease - Basic Information

When we speak of “kidney disease”, we are generally speaking of the inability of the kidneys to normally filter out the toxins and poisons, and sometimes the excess salt and water, created each day from our metabolism. Kidney functional impairment, mild or severe, may occur suddenly, which is referred to as an acute kidney injury (AKI). However, most kidney diseases are “chronic”, i.e. conditions that are present for a prolonged time. We refer to any such condition as chronic kidney disease (CKD). When the toxins and poisons accumulate to a substantial degree which may occur in advanced disease, a person can feel generally ill with vague symptoms including fatigue, nausea, and a declining appetite. However with more modest levels of kidney functional impairment, there are no symptoms. There is generally no relationship between the ability of the kidneys to filter toxins and poisons and the amount

or frequency of urination. With the exception of conditions such as kidney stones, kidney infection, or occasionally kidney cancer, there are no other symptoms, such as pain, or signs of modest kidney malfunction. In as much as the kidney is intimately involved with blood pressure control, when the kidneys began to malfunction, blood pressure may rise. The diagnosis of kidney disease is made by simple urine and blood tests; only with advanced disease, do we begin to see symptoms of the condition including the feeling of “being poisoned” as outlined above.

There are numerous causes of CKD. The most common is kidney disease secondary to diabetes mellitus, whether it be type I or type II. The second most common cause is uncontrolled high blood pressure. Other causes include hereditary diseases, diseases that occur spontaneously affecting various parts of the kidney, and severe chronic kidney stone



disease. With the exception of stone disease, these chronic kidney conditions always affect both kidneys.

In the vast majority of circumstances, kidney disease occurs through no fault of the patient barring the presence of aberrant social behavior, such as IV drug use. However there are a number of factors that can increase the risk of developing CKD including diabetes mellitus, high blood pressure, a family history of kidney disease, African-American and other ethnic heritage, obesity, older age, and other systemic diseases.

Unfortunately, we generally cannot prevent the occurrence of CKD once the underlying primary disorder already is present. Once

kidney disease is diagnosed, the focus then turns to decreasing the rate of loss of kidney function, as generally all chronic kidney diseases are progressive. Fortunately, the majority of these diseases progress at a very slow rate. Blood pressure should be controlled to 130/80. Certain blood pressure medications can be used preferentially in certain specific kidney conditions which may also slow the loss of kidney function. In patients who are diabetic, diabetic control has been shown to be important in decreasing the rate of loss of kidney function. Of interest is that cigarette smoking in patients with kidney disease can accelerate loss of kidney function. Certain medications should be avoided.

Specifically nonsteroidal anti-inflammatory drugs (NSAID's) such as ibuprofen and naproxen are known to worsen kidney function, though the affect is reversible upon cessation of the medication. Nevertheless these medications are best avoided in patients with known CKD. Modification of dietary protein intake in certain situations may be useful also in reducing the rate at which kidney function is lost.

Though chronic kidney disease is fairly common, most patients with it can have its progression slowed so that severe levels of kidney malfunction are avoided.

So, in those with kidney disease at holiday time, eat, drink, and be merry, just do it carefully!

Holidays, Health, and How to Stay Safe This Time of Year

By Kelsey Reason, CEP

The holiday season is upon us once again! While this might be "the most wonderful time of the year" there are some things we should take into consideration as we pull out all of our fall and winter décor and schedule our holiday get-togethers. As the saying goes, "it's all fun and games until someone gets hurt". Here's how to protect yourself and your health this holiday season.

Alcohol in moderate consumptions can have positive impacts on your cardiovascular disease risk and lipoprotein profile, but with the many parties, peer pressures, and days off during the holidays, a moderate drinker may be tempted to consume greater volumes of alcohol. Excess alcohol can have detrimental effects on your health. A moderate alcohol consumption is considered 1 drink per day for a woman and 2 drinks per day for men. Keep in mind that alcohol can have negative

impacts on people with diabetes, hypertension, cancer risk, or liver disease and doctors do not recommend non-drinkers to start drinking for the health benefits. Always check with your doctor to see if any of your prescribed medications have potential interactions with alcohol. Taking a look at how alcohol will impact your exercise routine, as the effects of alcohol can persist in your system up to 48 hours. During this time, hydration levels, immune function, and recovery from injuries or the exercise itself may be impaired causing your performance to decrease.

Though you may be watching your alcohol consumption this holiday season, you can't trust that everyone else is being as conscious as you are. Take these steps to keep yourself safe outdoors while exercising on or near roads where drivers might be intoxicated. 1) Go against the flow

of traffic so that you can be aware of impending danger; 2) Because many drivers will assume that they own the road, be defensive by traveling on the sidewalks or bike paths when at all possible; 3) Wear reflective gear while it is dark or during twilight hours to make yourself more visible; 4) Look both ways before crossing the street and make eye contact with drivers to communicate who has the right of way; and 5) Turn your headphones down or use only one earbud if using devices while exercising.

I encourage you to celebrate responsibly this year, not only for your own health but for the health of others too. Be an example to those around you and don't let a bad decision this holiday season ruin your health aspirations or holidays to come. Happy Thanksgiving, Merry Christmas, and Happy New Year!

5 Ways to Have a Healthier Thanksgiving

By Bakersfield Heart Hospital



Many people love the Thanksgiving holiday – it's a day to give thanks, spend time with friends and family, and of course eat! A traditional Thanksgiving meal made up of butter-basted turkey, cornbread stuffing, green bean casserole, and pecan pie may sound delicious, but the calories sure will add up!

According to research from the Calorie Control Council, the average Thanksgiving dinner contains around 3,000 calories (and that's not even including the appetizers and drinks you may consume!). Eating a full day's worth of calories for just one meal can leave you feeling sluggish, bloated and guilty. The following tips can help you manage your waistline and maintain your overall health while still enjoying the food and family time.

Drink plenty of water

If you are sitting down to a big meal, make sure you chug a glass of water or two an hour or so before dinner. The water will

allow your body to distinguish between hunger and thirst, which will help you eat less by the time dinner rolls around. And be sure to alternate water with alcoholic drinks. If you start cooking (or watching football) early in the day, and the alcoholic drinks keep flowing until long after the last bit of pie has been swept from the table, you're likely getting in more calories from alcohol than you realize. The water will help keep you hydrated and will improve digestion and keep you from feeling lethargic.

Walk around and talk to people

Rather than obsess over the food at Thanksgiving, focus your attention on the entire celebration, including the once-a-year sights, sounds, and people at the event.

Instead of sampling each and every appetizer before dinner, walk around and catch up with family and friends.

Volunteer to help clean up

Instead of picking at the leftovers or helping yourself to a second (or third) dessert, offer to help the host clean up. They will appreciate the gesture, and physically removing yourself from the table will help take your attention away from the food.

Cleaning up will also help you burn some calories!

Stop eating when you're full

This tip may seem pretty obvious, but Thanksgiving is one of those holidays when people plan to eat until they are stuffed to the brim.

Instead of seeing how much you can eat, serve yourself a small, golf-ball-size serving of everything you want—no restrictions—but have only enough to satisfy your stomach without overdoing it.

Done right, you can use Thanksgiving as your game plan to avoid weight gain for the rest of the holiday season.

Avoiding a Holiday Heart Attack - By Bakersfield Heart Hospital

Holiday celebrations aren't the only thing in full swing these next few weeks. According to a study published in *Circulation*, a journal of the American Heart Association (AHA), the winter holiday season is considered a risk factor for cardiac deaths. In the United States and Canada, more people will die of heart attacks and heart disease than at any other time during the year. Between December 1st and New Year's Day, the cardiac death rate is 33 percent higher.

While researchers don't know exactly why heart attacks are more common around the holidays, they note a number of possible reasons, including changes in diet and alcohol consumption during this time; stress from family interactions, strained finances, travel and entertaining; respiratory problems from burning wood; and not paying attention to the signs and symptoms of a heart attack.

Overindulgence

It's easy to overeat during the holiday season and tighter clothing isn't the only consequence. Excess pounds can lead to many health problems, including high blood pressure and high cholesterol, both of which increase the risk for heart attacks and heart disease. If you're not starving when you arrive at a party, it will be easier to avoid overeating. Here are some recommendations from the American Heart Association to help prevent you from overindulging:

- If going to a party, eat a healthy meal followed by a high-fiber snack prior to the party.
- Avoid eating foods that are fried, or have a lot of cheese, cream or butter. Look for fruit, veggies and dip and whole-grain crackers instead.
- Split a dessert with someone.

You can cut the calories and fat in half and avoid being wasteful.

- Alternate consumption of alcohol and other high calorie beverages with a glass of water. This will help reduce your thirst while filling your stomach and you'll consume fewer calories over time. It may also keep you from drinking more than you intended and becoming intoxicated.

Stress

Family obligations, financial pressures and travel often increase this time of year and so does stress. Stress hormones elevate blood pressure and heart rate, particularly in people who already have high blood pressure and heart disease. Stress can increase risk for a heart attack and other cardiovascular problems. Recommendations to reduce stress include:

- Recognize the symptoms of stress and take short breaks throughout the day to stand, stretch and breathe deeply.
- Make a list of work and personal tasks according to priority.
- Create a budget and stick with it.
- Replace unhealthy coping strategies such as eating junk food, smoking or drinking alcohol with healthy behaviors including exercise, meditating or just talking with friends and family.

Respiratory Problems

Although there's nothing like cozying up to the fire when it's cold outside, smoke from a wood-burning fireplace is a carcinogenic like the smoke in a cigarette. Studies have found the fine particles from the smoke can go deep into the lungs and increase the risk for heart attack and stroke. Help reduce the health impacts of wood-burning smoke by:

- Cleaning your chimney and flues

regularly.

- Using your dampers. Allow more air (ventilation) when starting a fire, and close the dampers when the wood is well charred. This technique produces more heat, so you use less wood.
- Burning wisely. Avoid burning wood on days when air pollution levels are high.
- Using dry, seasoned wood. Cut, split, and stack wood in a dry area for at least six months before burning it.
- Burning smaller pieces of wood. Small pieces are more efficient and a better source of heat.

Pay Attention to Your Heart

Don't wait to get help if you experience any of these heart attack warning signs. Although some heart attacks are sudden and intense, most start slowly, with mild pain or discomfort. Pay attention to your body — and call 911 if you feel:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

By following these tips you can have greater success in keeping your heart and your body healthy during the holidays, while still enjoying yourself and your loved ones.



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Flu-Proof Yourself and Your Home

By Bakersfield Heart Hospital



It happens all the time: One family member gets the flu, and before you know it, everyone else has it too. Flu germs can spread even before symptoms appear, and you can infect others up to a week after you first become sick. By practicing a few simple rules at home, you can help keep your family healthy and prevent the flu from spreading.

Get vaccinated

Health experts say getting vaccinated is the single most important thing you can do to prevent the flu.

Cover coughs and sneezes

Flu germs are believed to spread through droplets from the mouth and nose. Use a tissue to cover your mouth and nose when you cough or sneeze. Make sure to throw the tissue away immediately and wash your hands right away. If there's no tissue handy, cough or sneeze into the bend of your elbow.

Avoid touching your eyes, nose, and mouth

According to the CDC, flu germs can live for two to eight hours on hard surfaces. That's why it's so easy to pick up flu germs without knowing it. You can get infected if you touch a germ covered doorknob or light switch and

then rub your eyes or bite your nails. Learning to keep your hands away from your face can be tough, especially for children so remind them often.

Wash your hands often

A quick rinse won't so. For it to be effective, make sure you and your family follow these steps:

- Run warm water over your hands.
- Add soap.
- Scrub for at least 20 seconds.
- Rinse and dry.

You can stock up on alcohol-based hand sanitizers for areas where sinks aren't available or when you're out and about. Make sure your hand sanitizers are at least 60 percent alcohol, and remember that they're not a replacement for washing your hands with soap and warm water — they don't tackle all germs, and don't work on visibly dirty hands.

Remind kids to wash up:

- each time they use the bathroom
- before they eat
- after they come in from outside

It can also help to set up a hand sanitizer station by your door, as a first line of defense against outside germs.

Limit contact with family members who are ill

If someone in your family does get

the flu, take these steps to prevent the flu from spreading:

- Keep the sick person at home.
- Limit close contact between the sick person and other family members as much as you can while they're contagious. In general, this is up to a week after they show symptoms.
- Change sleeping arrangements, if possible.

You should also avoid sharing the following items from the sick person:

- washcloths
- towels
- dishes
- toys / electronics
- utensils / cups

Clean your home

Flu germs and viruses love to lurk on items you touch every day. Here are some hot spots for germs:

- door handles
- sink faucets
- countertops
- toilets
- electronics
- TV remote

Clean and disinfect these hot spots regularly.

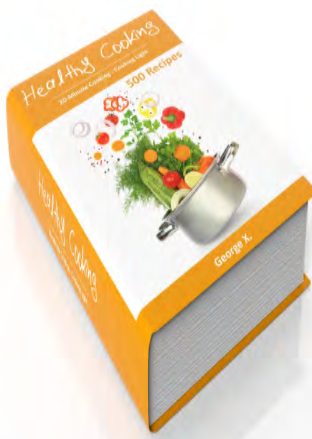
Practice healthy habits

Don't forget the power of a healthy lifestyle to fight off sickness. The following tips can go far in keeping your immune system healthy and your family well this flu season.

- Get plenty of sleep.
- Eat lots of vegetables and fruits.
- Drink lots of fluids.
- Exercise regularly.
- Manage your stress.

If someone in your household does get the flu, keep the person at home, disinfect and clean your home well, and limit close contact with that person whenever possible.

Give the gift of good health - From the Editor – Dr. Baker



Give the gift of good health

As we enter the holiday season our thoughts turn to giving thanks and giving gifts. While we prepare for the celebration of Thanksgiving, Christmas, Hanukah and the other holidays, there is no better time to consider one of the greatest gifts we can give – the gift of good health. Our gift can be to ourselves or to others. It is a gift which is priceless and enduring. So what should we place on our gift list?

For a gift to ourselves a plan is a great place to start. First would be a commitment and plan to get moving. While a gym membership or exercise equipment might first come to mind, a plan to simply walk for 150 minutes per week costs nothing. Great gifts to help along the way are devices to monitor our activity such as FitBit, Garmin and most smart watches. These also can pair with your smart phone to chart your activity level. Setting fitness goals can be a big help. Something simple like 10,000 steps per day works well with a pedometer you wear all day. Training for an event such as the Heart Walk, a 5 K or another community activity provides a tangible fitness goal. The easiest of all is to simply gift yourself with 30 minutes per day, 5 days

per week to walk. Put your plan on the calendar and stick to it as your gift of time for your personal health.

Eating right is, of course also a key to our health in many ways. A good plant-based diet provides the foundation for prevention of cardiovascular disease, cancer and many other conditions. Your plate should be filed with red, green, orange, yellow, and purple just as the colors of the holiday season. We usually think of a gift involving food as chocolate or another treat, “comfort food” or a night at our favorite restaurant. These are all fine for times of celebration but the gift of a healthy diet is one we can give ourselves and others every day of the year. Gifts to help can include heart healthy cookbooks or cooking school, mail order samples of delicious fruits, smart phone apps providing guidance regarding calories, sample sizes, healthy alternatives and grocery shopping. We can donate to food drives and prepare baskets of fruits or other healthy foods for others.

Charitable giving is an American tradition and our gift to others in need. Consider volunteering to serve food at a homeless shelter as a gift of food to those

in need. The Salvation Army, Goodwill, First Family, Churches, Synagogues and many other charitable organizations sponsor special efforts to reach out to others during the Holiday Season. Simple gifts of relatively small quantities of time and money can go a long way to help others.

In this season of giving, look for opportunities to watch out for others concerning their health. Encourage those you love to keep their appointments, follow physicians’ instructions, take their meds and make sure they are doing what they can to prevent problems by receiving recommended immunizations and screening tests such as mammogram, bone density scan and colonoscopy. Offer to transport someone to an appointment or pickup their meds.

Make the season of giving a lasting gift of better health for yourself and others. Far beyond the momentary joy of giving and the excitement of opening gifts take the opportunity to do something for yourself and others which will have benefits far beyond the holidays.

Healthy Eating

Nutrition Nuggets... - Michele Chynoweth, RD, CDE

Eating through the holiday season.

It is the best of times...it is the worst of times...Many traditional meals are offered in the coming months. It is very difficult for some of us to resist the temptations... but maybe we don't have to. Plan for success and the coming year, 2019, will be a breeze.

The typical HOLIDAY meal exceeds 1200 calories. Where can we trim? BEFORE...



Timing of food:

Family and special occasion meals are either earlier or later than usual meal times. This alone causes havoc with medication schedules, exercise plans etc. If you know the schedule when meals will be served, you can plan (a tough but necessary 4 letter word—P * L * A * N).

- Eat breakfast and snack for lunch if early dinner. Don't get too hungry or it is easy to overeat. Translate snack into "Fueling foods"— a little energy, varied colors and protein builders. (2 whole grain cracker squares, ½ cup raw colorful bell peppers, broccoli & carrots and low-fat string or cheddar stick cheese (<70 calories/stick).

- Split up the carbohydrate foods at the "big" meal between today and leftovers later in the day or tomorrow. Mashed potatoes, sweet potatoes, rolls/croissants, cranberry sauce, gravy, stuffing, pie, Waldorf salad, green bean casserole (cream soup & fried onion rings). Some are "must haves" today; others have enhanced flavor trends—the

following day (stuffing).

- Adjust the recipe a little to save calories, added fats, sugar and salt/sodium. Most recipes can be "trimmed" by about 25-50% and still have the same flavors. Soft margarine or oil...cut from 1 cup to ¾ cup; 1 cup sugar to ¾ cup; 1 teaspoon salt or 1 cup carton/canned soup... cut these by 50% to ½ teaspoon and 1 cup reduced sodium soup/broth; try evaporated skim milk in place of whole...same great texture of pumpkin pie without the added fat of full fat milk. Forgo the crust if it isn't your favorite item.

Quantity of food:

There is an abundance of food with a steady stream of replenishment at family, friend and work gatherings. Having food outside your vision really helps. It is harder to be tempted by the things you cannot see or smell. Get some strategies together for work and home to strengthen your game plan.

- Practice and repeat calmly saying, "no thank you," drinking another glass of water or sugar free seltzer water/tonic water or tea.

- Eat your Colors: Fall and early winter are beautiful times of the year. Our plate should be colorful year-round. Fruits and vegetables offer the most diverse colors, fiber, nutrient density and lower calories than desserts, meats and potato/noodles/rice dishes.

- Some schools give students and teachers a complete week off at Thanksgiving and 2 or more weeks at Christmas. Perfect time

for students to explore a new vegetable or recipe to present to the family. Make use of their computer search skills!

- Use smaller plate 8-9" or place the smaller plate on top of the holiday plate for less area to fill.

- Use a smaller fork or spoon.

- The first bite is the best bite. Slow down... fork down between bites, chewing 15-30 times per bite. E....A....T S....L....O....W... L...Y. It takes 20 minutes for the brain to feel the fullness your stomach has created.

If you have nutrition concerns such as weight management, diabetes, high blood pressure, kidney disease, allergies, or gluten intolerance, schedule an appointment with the registered dietitian nutritionist (RDN) before the holidays to revise recipes and set up strategies for happy, healthy holiday season. Stay on track, but enjoy!. Physician referral is required. For RDNs in your area, check your insurance plan 800#, Medicare.gov or the Academy of Nutrition and Dietetics 1 800 877 1600 or www.eatright.org/find-an-expert



"You feel empty inside. How long has this been a problem?"

Balsamic Roasted Brussels Sprouts



Servings: 4 (1/2 cup Per Serving)

Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 tablespoon olive oil (100 calories)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup coarsely chopped pecans
- ½ cup balsamic vinegar
- ½ cup 100-percent apple juice (60 calories)
- ¼ cup frozen or dried cranberries

Directions

1. Preheat oven 425°F.
2. Combine Brussels sprouts, olive oil, salt and pepper in a large bowl; toss. Spread Brussels sprouts in a single layer on a large rimmed baking sheet. Roast 10 min.
3. Add pecans to the baking sheet and stir. Roast 5 to 7 more minutes, or until Brussels sprouts are tender & slightly browned & pecans are golden.
4. Meanwhile, combine balsamic vinegar & apple juice in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to medium. Simmer 15 minutes or until thickened and reduced to about ¼ cup. Remove from heat.
5. Transfer Brussels sprout mixture to a large bowl; add cranberries. Drizzle with balsamic glaze & toss 'til blended well.

Courtesy www.FoodNetwork.com



What to do with pumpkin this Fall....

Cooked pumpkin can be added to stews, chili or soups. It can be seasoned and roasted. It has a mild taste and adds a thick richness and color. Pureed canned pumpkin can also be added to smoothies to increase fiber and flavor. For flavorful blended beverages, add cinnamon, ginger and ground cloves.

Pumpkin custard is a great dessert or snack. Use evaporated skim milk to reduce the calories and a tad less sugar. One small squirt fat free Reddi-wip on top isn't too extravagant! Avoiding the crust saves 100 calories.

Nurses Station



**"My husband does most of the cooking now.
My family got grossed out when I gave a
sponge bath to our Thanksgiving turkey."**

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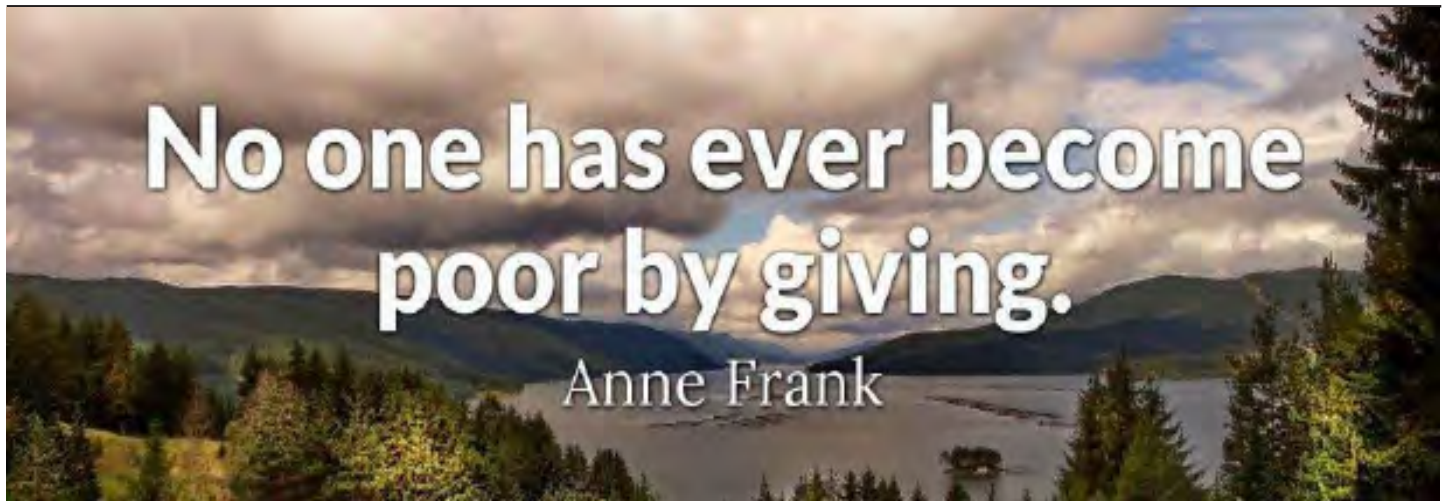


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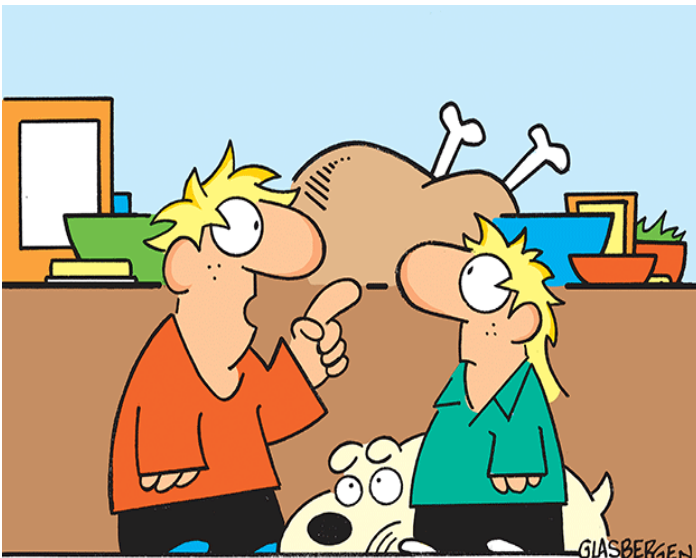
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www.CentricUC.com



No one has ever become poor by giving.

Anne Frank



“On Thanksgiving the Four Basic Food Groups are ‘more’, ‘a little more’, ‘a lot more’ and ‘too much’.”



“We can stay home Christmas Eve! This year everyone is getting music, movies, and games they can download from my website!”



Love begins by taking care of the closest ones - the ones at home.

Mother Teresa

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.